

Improving lives together

High Support Inpatient Rehabilitation (Level 2) Service for Men

Cygnnet Oaks, South Yorkshire

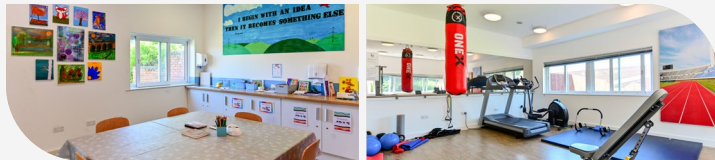
Good

Beds available
Now taking referrals

Cygnnet Oaks is a 35 bed hospital specialising in high support inpatient rehabilitation (level 2) for men, providing a multi-disciplinary treatment programme designed to assist individuals with their return to independent living.

Depending on the individual's level of need, at Cygnnet Oaks we provide different levels of support in 2 wards, the Lodge and the House;

- > **Lodge** – this is a 20 bed admission ward where most service users will start their recovery journey at Cygnnet Oaks. Individuals who are admitted to this ward are generally stepping down from an acute or a low secure service
- > **House** – a 15 bed service for individuals to continue along their care pathway. The House also contains a 4 bed step-through service. This is situated in its own corridor and has a separate living space to prepare and develop individuals towards a community placement whilst still having the input from the multi-disciplinary team (MDT)



Male



18+ years



35 beds
in 2 wards

Our service user profile:

- > Men aged 18+ years
- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that challenge
- > Aiming for a return to the community or community-based care
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and/or be stepping down from secure services
- > May have a history of repeated acute admissions

Our service at a glance

Our dedicated clinical teams provide a full multi-disciplinary programme that includes; occupational therapy, psychology, psychiatry, offering service users the opportunities and support they need to stabilise their condition and enter society with a renewed sense of enthusiasm and optimism.

Our interventions are matched according to individual needs. Our team will always adapt their engagement technique and personnel delivering specific interventions to maximise engagement and ensure that progress is always being made with the men in our care.

Our occupational therapy department supports service users to engage in meaningful occupations, overcome barriers that prevent them from engaging in meaningful activities and focuses on supporting individuals to develop the skills needed to live a more independent and fulfilling life in the community. To support with this, we have a full therapy programme that includes a range of self-care, productive and leisure-based activities. Our occupational therapy pathway has different stages of treatment and the interventions offered will change as our service user's progress through each stage of this pathway.

Barnsley town centre is a short walk or bus ride away, giving service users access to the many facilities in the local community. To promote social inclusion we have developed pathways linking the service user's short term goals in care plans with activities in the mainstream services of the local communities.

Our facilities:

- > En-suite bedrooms
- > Therapy kitchen
- > Variety of activity areas
- > Art room
- > Horticultural garden
- > Therapy room
- > Relaxation rooms
- > Classroom
- > Dining room
- > Living room
- > Enclosed gardens
- > Gym
- > IT café




★ ★ ★ ★ ★
 Rated 'Good' by the CQC



Average length of stay is **17 months**



Vocational links with Barnsley Recovery College as well as the Adult Skills and Community Learning Centre




4 bed step-through service enabling individuals to **independently implement the skills they have learned before moving into the community**



2 Activities of Daily Living (ADL) kitchens to support skill development



Supporting individuals to find **local volunteer work** including **charity shops and being part of the local dog walking scheme**



Promoting **health and wellbeing** for service users and staff



In-house qualified gym instructor providing individualised sessions for service users



Providing a specialist care pathway route through hospital into the community



External tutors visit the service to provide **maths and English** tuition to service users



In-house therapeutic earning programme




Our community links:

- > Pure heaven holistic therapy
- > Table tennis coaching with Inclusive Ping Pong
- > Barnsley MIND
- > Citizens advice Barnsley
- > Barnsley Recovery College
- > Short bus ride into Barnsley town centre which features an abundance of community facilities to access

"Know that staff are here to help you, so don't disregard them. It's all down to you, so apply yourself and find that staff member and you will get through it. Find what is important to you. For me, it was music. Cygnet are there saying 'we are here to look after you', and sometimes we can be proud and don't want to accept that. Staff will tailor things to you, and if you can realise this it will give you relief and peace of mind."

Previous service user at discharge

"It is nice to be able to trust people and their personalities are great. It is really great to spend time on leave with OT staff; they are lovely."

Service user commenting on the occupational therapy team

Make a referral

- 1 Referral made to your **regional business relationship manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnet Oaks
 Upper Sheffield Road, Barnsley,
 South Yorkshire S70 4PX

Phone number
 01226 729 740



Please visit cygnetgroup.com for more info | Follow us on social media: